

# Convict Conditioning: Pull-up Cheat Sheet

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THE 6 WORKOUTS: (DOWNLOAD THE [e-book](#))

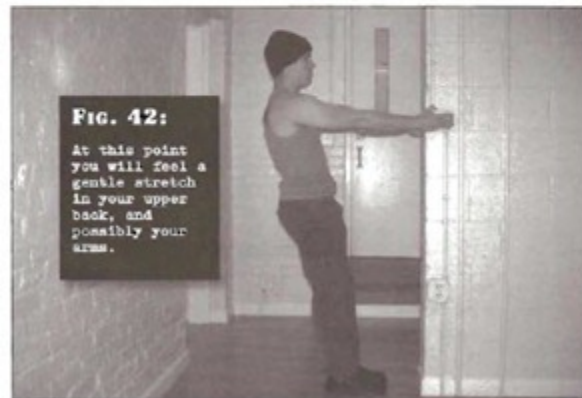
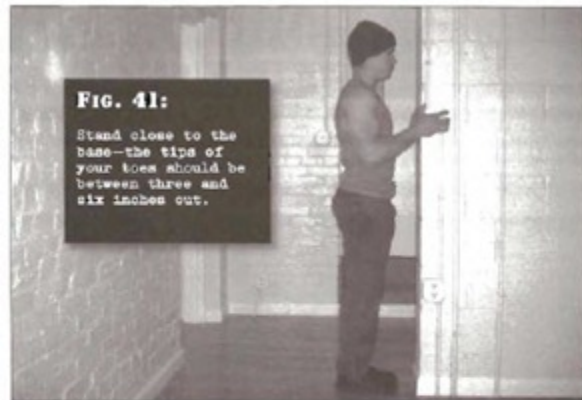
1. [Pushups](#)
2. [Squats](#)
3. **Pull-ups**
4. Leg Raises
5. Bridges
6. Handstand Pushups

## Pull-ups

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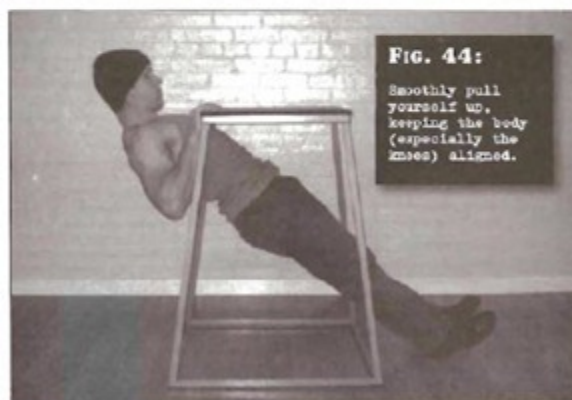
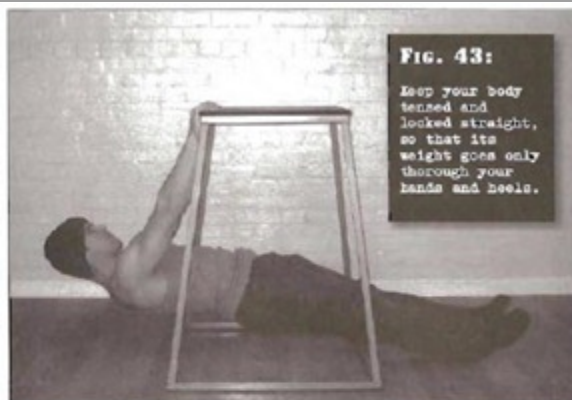
### 1. Vertical Pulls

1. Beginner Standard: 1 set of 10
2. Intermediate Standard: 2 sets of 20
3. Progression Standard 3 sets of 40



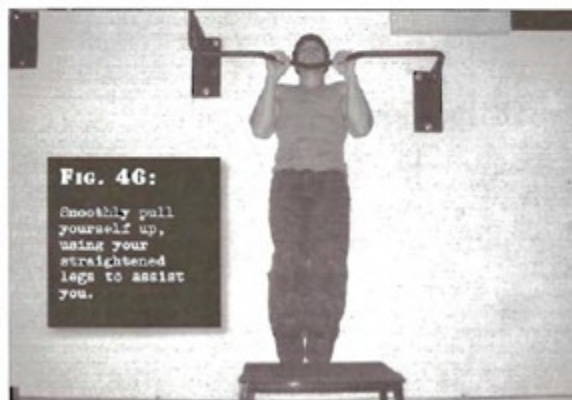
## 2. Horizontal Pulls

1. Beginner Standard: 1 set of 10
2. Intermediate Standard 2 sets of 20
3. Progression Standard 3 sets of 30



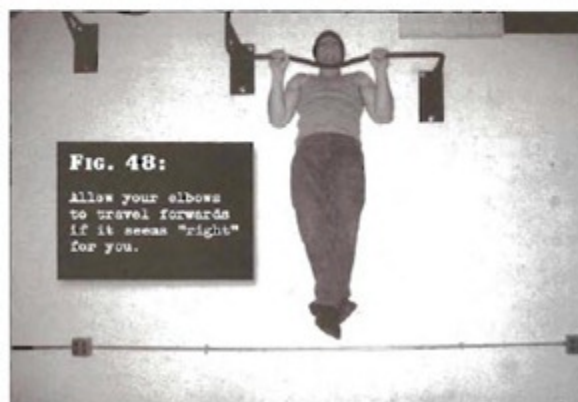
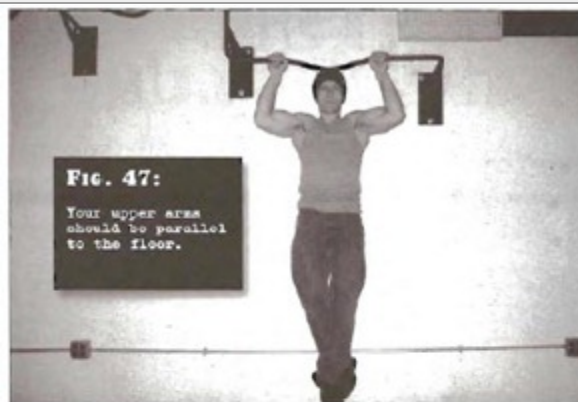
## 3. Jackknife Pulls

1. Beginner Standard: 1 set of 10
2. Intermediate Standard: 2 sets of 15
3. Progression Standard: 3 sets of 20



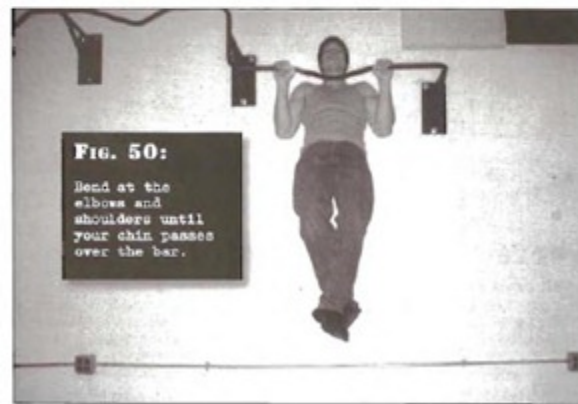
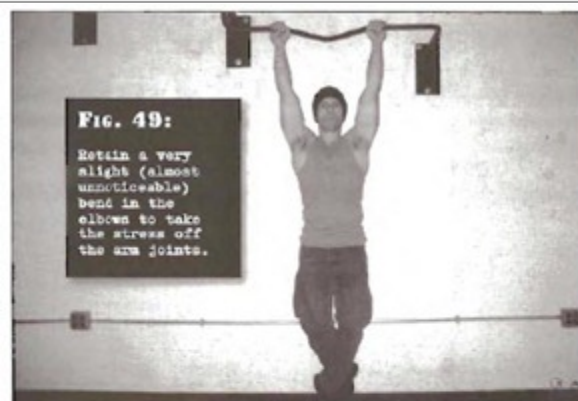
#### 4. Half Pullups

1. Beginner Standard: 1 set of 8
2. Intermediate Standard: 2 sets of 11
3. Progression Standard: 2 sets of 15



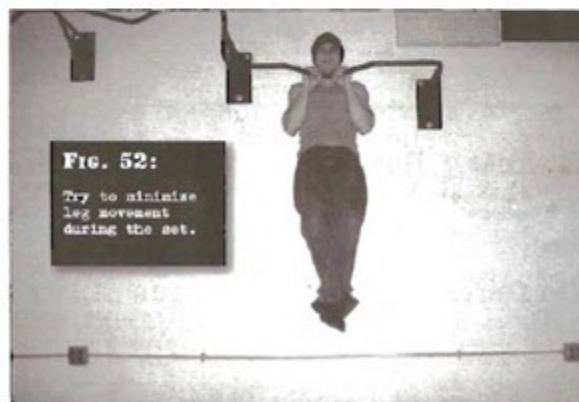
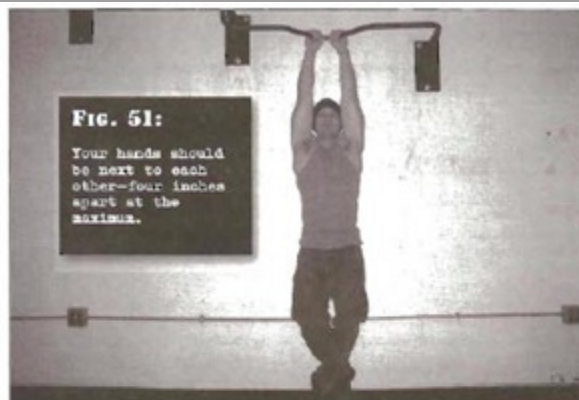
#### 5. Full Pullups

1. Beginner Standard: 1 set of 5
2. Intermediate Standard: 2 sets of 8
3. Progression Standard: 2 sets of 10



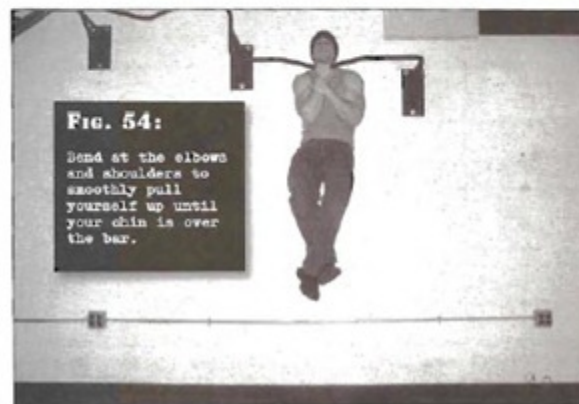
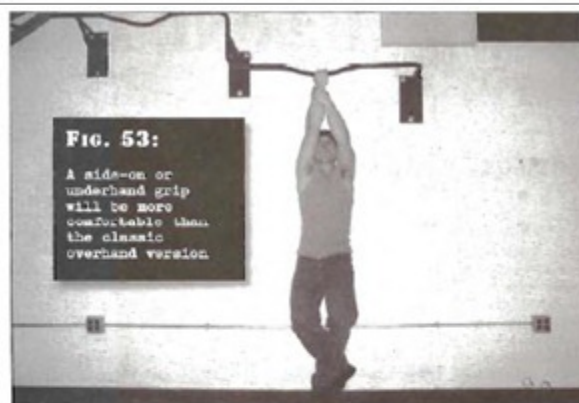
## 6. Close Pullups

1. Beginner Standard: 1 set of 5
2. Intermediate Standard: 2 sets of 8
3. Progression Standard: 2 sets of 10



## 7. Uneven Pullups

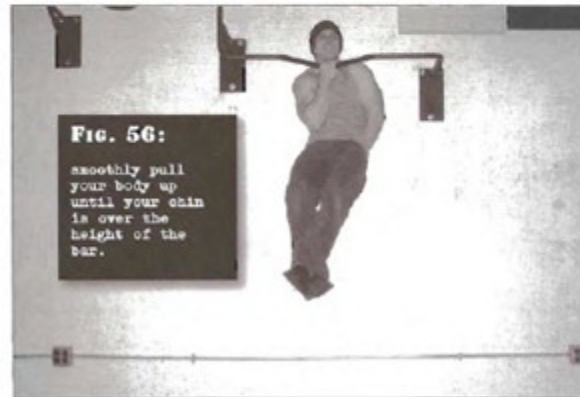
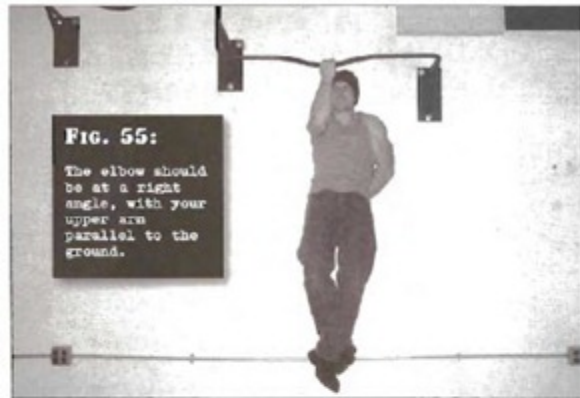
1. Beginner Standard: 1 set of 5 (both sides)
2. Intermediate Standard: 2 sets of 7 (both sides)
3. Progression Standard: 2 sets of 9 (both sides)





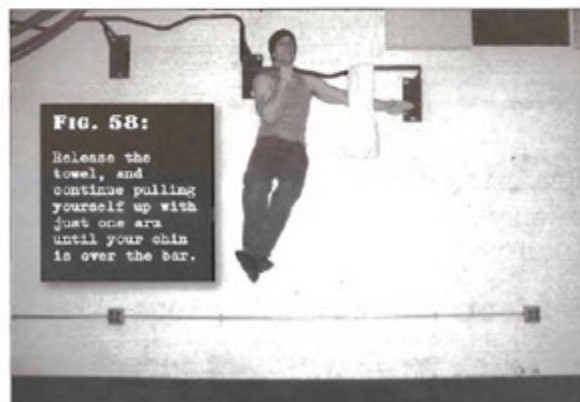
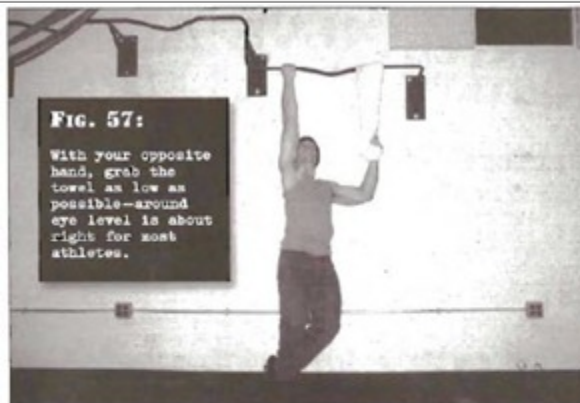
## 8. 1/2 One-Arm Pullups

1. Beginner Standard: 1 set of 4 (both sides)
2. Intermediate Standard: 2 sets of 6 (both sides)
3. Progression Standard: 2 sets of 8 (both sides)



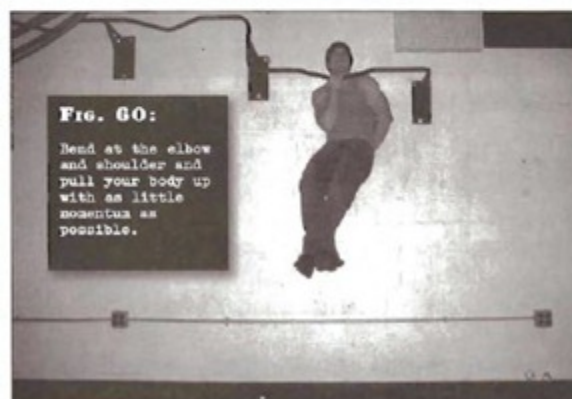
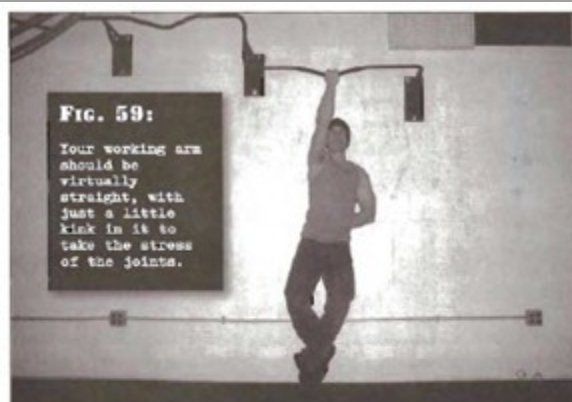
## 9. Assisted One-Arm Pullups

1. Beginner Standard: 1 set of 3 (both sides)
2. Intermediate Standard: 2 sets of 5 (both sides)
3. Progression Standard: 2 sets of 7 (both sides)



### 10. Master Step: One-Arm Pullups

1. Beginner Standard: 1 set of 1 (both sides)
2. Intermediate Standard: 2 sets of 3 (both sides)
3. Master: 2 sets of 6 (both sides)



All images and workout progressions are from the book [Convict Conditioning](#)

### Two Basic Training Programs: (for the Busy “Convict”)

#### The New Blood (Step 1)

MONDAY:	Pushups	2-3 work sets
	Leg raises	2-3 work sets
TUESDAY:	Off	
WEDNESDAY:	Off	
THURSDAY:	Off	
FRIDAY:	Pullups	2-3 work sets
	Squats	2-3 work sets
SATURDAY:	Off	
SUNDAY:	Off	

#### Good Behavior (Step 2)

MONDAY:	Pushups	2 work sets
	Leg raises	2 work sets
TUESDAY:	Off	
WEDNESDAY:	Pullups	2 work sets
	Squats	2 work sets
THURSDAY:	Off	
FRIDAY:	Handstand pushups	2 work sets
	Bridges	2 work sets
SATURDAY:	Off	
SUNDAY:	Off	

# Series Progression Chart Convict Conditioning – Pull-ups

PULLUP SERIES PROGRESSION CHART		
<b>STEP ONE</b>	<b>VERTICAL PULLS</b> Pages 122-123	Work Up To: <b>3 SETS OF 40</b> Then Begin Step Two
<b>STEP TWO</b>	<b>HORIZONTAL PULLS</b> Pages 124-125	Work Up To: <b>3 SETS OF 30</b> Then Begin Step Three
<b>STEP THREE</b>	<b>JACKKNIFE PULLS</b> Pages 126-127	Work Up To: <b>3 SETS OF 20</b> Then Begin Step Four
<b>STEP FOUR</b>	<b>HALF PULLUPS</b> Pages 128-129	Work Up To: <b>2 SETS OF 15</b> Then Begin Step Five
<b>STEP FIVE</b>	<b>FULL PULLUPS</b> Pages 130-131	Work Up To: <b>2 SETS OF 10</b> Then Begin Step Six
PULLUP SERIES PROGRESSION CHART		
<b>STEP SIX</b>	<b>CLOSE PULLUPS</b> Pages 132-133	Work Up To: <b>2 SETS OF 10</b> Then Begin Step Seven
<b>STEP SEVEN</b>	<b>UNEVEN PULLUPS</b> Pages 134-135	Work Up To: <b>2 SETS OF 9</b> Then Begin Step Eight
<b>STEP EIGHT</b>	<b>1/2 ONE-ARM PULLUPS</b> Pages 136-137	Work Up To: <b>2 SETS OF 8</b> Then Begin Step Nine
<b>STEP NINE</b>	<b>ASSISTED ONE-ARM PULLUPS</b> Pages 138-139	Work Up To: <b>2 SETS OF 7</b> Then Begin Step Ten
<b>MASTER STEP TEN</b>	<b>ONE-ARM PULLUPS</b> Pages 140-141	<b>ULTIMATE POWER:</b> <b>2 SETS OF 6</b>

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